











MASK UP NORTHCENTER

Research shows that masks can greatly reduce the chance of spreading COVID-19, especially when approximately 40% of those who have COVID-19 may be asymptomatic. We can only contain the virus if everyone stays careful and masks up when they leave home, whether they feel sick or not.



How a Mask Works

- COVID-19 spreads mainly among people who are in close contact.
- All of us have droplets in coughs and sneezes that can carry COVID-19 to others.
- Coughs spray droplets at least 6 feet. Sneezes travel as far as 27 feet.
- Droplets also may spread when we talk or raise our voice.
- These droplets can land on your face or in your mouth, eyes and nose.
- When you wear a mask, it keeps more of your droplets with you.
- A mask also adds an extra layer of protection between you and other people's droplets.

Chance of Transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
HIGHEST		
HIGH		
MEDIUM		
LOW		
LOWEST		
PRACTICALLY NONE	